



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09449, Nance, frozen, unsweetened

Report Date: June 30, 2017 15:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	80.64	5	0.459	79	81.66	4.0	79.368	81.916	1	Analytical or derived from analytical	--	07/2010
Energy	kcal	73	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	306	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein <sup>1</sup>	g	0.66	5	0.025	0.63	0.75	4.0	0.593	0.731	1	Analytical or derived from analytical	--	07/2010
Total lipid (fat) <sup>1</sup>	g	1.16	5	0.074	0.93	1.36	4.0	0.957	1.371	1	Analytical or derived from analytical	--	07/2010
Ash <sup>1</sup>	g	0.57	5	0.045	0.41	0.66	4.0	0.44	0.692	1	Analytical or derived from analytical	--	07/2010
Carbohydrate, by difference	g	16.97	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary <sup>1</sup>	g	7.5	5	0.128	7.1	7.8	4.0	7.124	7.836	1	Analytical or derived from analytical	--	07/2010
Sugars, total <sup>1</sup>	g	8.31	5	0.416	7.3	9.4	4.0	7.153	9.463	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.00	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Glucose (dextrose) <a href="#">1</a>	g	3.58	5	0.174	3.19	4.09	4.0	3.098	4.066	1	Analytical or derived from analytical	--	07/2010
Fructose <a href="#">1</a>	g	4.73	5	0.251	4.11	5.5	4.0	4.028	5.424	1	Analytical or derived from analytical	--	07/2010
Lactose <a href="#">1</a>	g	0.00	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Maltose <a href="#">1</a>	g	0.00	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Galactose <a href="#">1</a>	g	0.00	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	46	5	1.095	44	50	4.0	42.999	49.081	1	Analytical or derived from analytical	--	07/2010
Iron, Fe <a href="#">1</a>	mg	0.38	5	0.035	0.32	0.51	4.0	0.284	0.477	1	Analytical or derived from analytical	--	07/2010
Magnesium, Mg <a href="#">1</a>	mg	20	5	0.393	19	22	4.0	19.348	21.532	1	Analytical or derived from analytical	--	07/2010
Phosphorus, P <a href="#">1</a>	mg	10	5	0.681	9	13	4.0	8.046	11.83	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a>	mg	244	5	11.670	215	271	4.0	211.598	276.402	1	Analytical or derived from analytical	--	07/2010
Sodium, Na <a href="#">1</a>	mg	3	5	0.546	2	5	4.0	1.098	4.13	1	Analytical or derived from analytical	--	07/2010
Zinc, Zn <a href="#">1</a>	mg	0.09	5	0.007	0.07	0.11	4.0	0.076	0.114	1	Analytical or derived from analytical	--	07/2010
Copper, Cu <a href="#">1</a>	mg	0.041	5	0.002	0.03	0.05	4.0	0.034	0.048	1	Analytical or derived from analytical	--	07/2010
Manganese, Mn <a href="#">1</a>	mg	0.248	5	0.030	0.2	0.32	4.0	0.165	0.33	1	Analytical or derived from analytical	--	07/2010
Selenium, Se <a href="#">1</a>	µg	0.4	3	0.000	0.4	0.4	--	--	--	1	Analytical or derived from analytical	--	07/2010
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	92.5	5	13.142	49	127.7	4.0	56.019	128.993	1	Analytical or derived from analytical	--	07/2010
Thiamin <a href="#">1</a>	mg	0.015	3	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	07/2010
Riboflavin <a href="#">1</a>	mg	0.018	3	0.002	0.01	0.02	2.0	0.009	0.026	1	Analytical or derived from analytical	--	07/2010
Niacin <a href="#">1</a>	mg	0.290	3	0.012	0.27	0.31	2.0	0.24	0.34	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <a href="#">1</a>	mg	0.180	3	0.015	0.16	0.21	2.0	0.114	0.246	1	Analytical or derived from analytical	--	07/2010
Vitamin B-6 <a href="#">1</a>	mg	0.021	3	0.001	0.02	0.02	2.0	0.016	0.027	1	Analytical or derived from analytical	--	07/2010
Folate, total <a href="#">1 a</a>	µg	8	3	0.373	7	9	2.0	6.248	9.459	1	Analytical or derived from analytical	--	07/2010
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2010
Folate, food <a href="#">1</a>	µg	8	3	0.373	7	9	2.0	6.248	9.459	1	Analytical or derived from analytical	--	07/2010
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin A, RAE <a href="#">1</a>	µg	4	5	0.135	3	4	4.0	3.305	4.057	1	Analytical or derived from analytical	--	07/2010
Carotene, beta <a href="#">1</a>	µg	40	5	1.567	35	44	4.0	35.85	44.55	1	Analytical or derived from analytical	--	07/2010
Carotene, alpha <a href="#">1</a>	µg	3	5	0.361	3	5	4.0	2.165	4.171	1	Analytical or derived from analytical	--	07/2010
Cryptoxanthin, beta <a href="#">1</a>	µg	5	5	0.273	4	6	4.0	4.019	5.537	1	Analytical or derived from analytical	--	07/2010
Vitamin A, IU <a href="#">1</a>	IU	74	5	2.706	63	79	4.0	66.108	81.135	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene <sup>1</sup>	µg	0	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Lutein + zeaxanthin <sup>1</sup>	µg	569	5	14.827	529	604	4.0	528.073	610.407	1	Analytical or derived from analytical	--	07/2010
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	1.25	3	0.129	0.99	1.39	2.0	0.695	1.801	1	Analytical or derived from analytical	--	07/2010
Tocopherol, beta <sup>1</sup>	mg	0.05	3	0.003	0.04	0.05	2.0	0.033	0.057	1	Analytical or derived from analytical	--	07/2010
Tocopherol, gamma <sup>1</sup>	mg	1.88	3	0.154	1.58	2.09	2.0	1.215	2.536	1	Analytical or derived from analytical	--	07/2010
Tocopherol, delta <sup>1</sup>	mg	0.29	3	0.015	0.27	0.32	2.0	0.232	0.358	1	Analytical or derived from analytical	--	07/2010
Vitamin K (phylloquinone) <sup>1</sup>	µg	11.9	3	1.163	10.3	14.1	2.0	6.881	16.886	1	Analytical or derived from analytical	--	07/2010
<b>Lipids</b>													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	1	Assumed zero	--	06/2015

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13G, 2009 Beltsville MD

#### Footnotes

<sup>a</sup> Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.